A CASE-BASED APPROACH TO PRACTICAL IMPLEMENTATION OF DIETARY GUIDELINES

Sonja L. Connor, MS, RD, LD
Disclosure

I do not have any financial relationships to disclose.
Practical Implementation of Dietary Guidelines

- Lifestyle recommendations - 2013 ACC/AHA guidelines
- Food choice changes over time to meet recommended nutrient intake
- Case study of dietary assessment and patient counseling to meet eating style recommendations
2013 AHA/ACC Lifestyle Management Guidelines

- Recommendations derived from randomized trials, meta-analyses & observational studies 1998-2009
- Impact dietary pattern/macronutrient composition on LDL-C, TG, SBP, DBP
- http://circ.ahajournals.org/content/129/25_suppl_2/S76
Lower LDL-C

- Dietary pattern emphasizes veggies, fruits & whole grains; includes low-fat dairy products, poultry, fish, legumes, nontropical veg oils and nuts; limits sweets, sugar-sweetened beverages and red meats

- Aim for 5-6% calories from sat fat

- Reduce calories from *trans* fat
Lower Blood Pressure

• Emphasize veggies, fruits & whole grains; includes low-fat dairy products, poultry, fish, legumes, nontropical veg oils and nuts; limits sweets, sugar-sweetened beverages and red meats

• Achieve with DASH dietary pattern, USDA Food Pattern, or AHA Diet

• Combine DASH with lower Na intake – 1,500 mg – 2,300 mg
Lower Triglycerides

- DASH DIET - Replacing 10% calories from carbohydrate with either unsaturated fat or protein reduced triglycerides 10-16 mg/dL.
Resources for Diet Planning

- **DASH Eating Plan**

- **AHA Diet & Lifestyle Recs**
  [http://www.heart.org/HEARTORG/GettingHealthy/Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp)

- **USDA Food Patterns**
  - [USDAFoodPatternsSummaryTable.pdf](http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/USDAFoodPatternsSummaryTable.pdf)
Mediterranean Diet
The Lyon Diet Heart Study

• More bread, root & green vegetables, fish
• Fruit at least once daily
• Less red meat (replaced with poultry)
• Replace butter with margarine, use olive and Canola oil
• Wine in moderation

Circulation 2001;103:1823-1825; Lancet 1995;345:738
FROM MEAT TO BEANS IN 10 SHORT YEARS
Phase 1 -- Substitutions

- Avoid foods high in cholesterol, saturated & trans fat
  - Delete egg yolk, butterfat, lard & organ meat
  - Substitute vegetable oils & shortening for lard
    - skim milk for whole milk
    - egg whites for whole eggs
- Use Lite Salt
Phase 2 – Try New Recipes

- Gradually transition to eating meat once a day
- Use less fat & cheese
- Eat more fruits, vegetables, grains & beans
- Use fewer products with large amounts of salt
- Acquire new recipes
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Phase 3 – Everyday Eating

- Use meat as a condiment
- Use only low fat cheeses
- Decrease amount of salt in cooking
- Use these foods for special occasions
  - Extra meat
  - Regular cheese
  - Chocolate
  - Salty foods
THE DIET HABIT SURVEY

Name

Date

Dietitian-scored

Examining Your Eating Habits!

SELF-SCORED SURVEY

Name

Date

J Amer Diet Assoc 1992;92:41-47
DIET HABIT SURVEY

• Addresses all areas of eating (fat, fiber, sugar, salt, recipes, eating out)
• Can be done at home (~30 minutes)
• Can be scored in less than 5 minutes
• Visit focused on patient’s ideas about making changes
DHS QUESTION

How often do you eat fish?

1. Do not eat fish or eat fish less than once a month
2. One to 3 times a month
3. Once a week
4. Two times a week
5. Three or more times a week or eat vegetarian with no added fat
# DIET HABIT SURVEY

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Tips for Low-Fat Eating-28%

- Entrée 10 grams fat or less
- Other dishes 5 grams fat or less

- Meat, Fish Poultry
  - Limit chicken, very lean red meat and low-fat cheese to a total of 6-8 ounces (men) or 4-5 ounces (women) per day
  - Choose chicken, turkey or low-fat vegetarian dishes
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IDEAS FOR CHANGING EATING HABITS - 1 mo

• Cut down on evening snacks
• Eat breakfast
• Limit coffee and alcohol
• Try and use low-fat cheese
Discover Low-Fat Cheese Alternatives

Typical Cheese  9 grams fat/oz
Trader Joe’s Celtic Sharp Cheddar  4 g/oz
Kraft Sharp Reduced Fat Cheddar  4.5 g/oz
Jarlsberg Light Reduced Fat Swiss  3.5 g/oz
Laughing Cow Light  3 g/oz
IDEAS FOR CHANGING EATING HABITS - 2 mo

• Eat breakfast at home
• Limit coffee
• Eat low-fat cheese
• Increase veggies with summer salads
Go Green!
GREENS TASTING THIS WEEKEND
SATURDAY & SUNDAY
11:00AM – 5:00PM

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IDEAS FOR CHANGING EATING HABITS - 6 mo

• Try low-fat salad dressings (Best Foods Low-fat)
• Try 50% reduced fat Vermont Cabot Cheddar Cheese
• Pack lunch when on the go
IDEAS FOR CHANGING EATING HABITS - 12 mo

- Increase fruits and veggies
- Decrease coffee and tea
- Walk about 1 mile a day
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Family Heart Study
Tarahumara Indian
All That Makes Good Sense

Healthy Eating

Physical Activity
IT IS POSSIBLE!!

• If the masses can love tofu

TOBY’S TOFU PATÉ

www.tofupalace.com

• The masses can find products & recipes they like that fit an eating style that meets the ACC/AHA dietary guidelines
Normal Coronary Artery
Blocked Coronary Artery